

Ketogenic Diet Menu

Before you order, remember

- The number in parentheses following the food item is the grams of net carbohydrates.
- It is important to order extra fats in order to be compliant with your ketogenic diet. Choose at least 2 options for the Added Fat Section.
- Depending on your meal plan, you may need to order more than one container of cream cheese, mayonnaise, and/or dressing as these come in small individual containers. Cream cheese is a 28g packet, mayonnaise is a 12g packet, and all dressings are 12g packets.
- If you need extra bowls to assist with weighing please request when calling to order your meals.
- When ordering cream cheese, sour cream, and mayonnaise, be sure to emphasize that you want full fat/regular not low fat or fat free options.
- When order butter, specify butter and not margarine.
- Items marked with * indicate that artificial sweeteners are used in these products. If your child is sensitive to artificial sweeteners, please ask the ketogenic dietitian if these options are appropriate for your child.
- The oral supplements listed are not available from room service. Please have your nurse contact the ketogenic dietitian if oral supplements are needed or requested.
- Not all specialty products such as cauliflower rice, low carb tortillas, cauliflower pizza crust, and fat bombs may be available. We will do our best to supply these specialty products as able.

Breakfast

- **Bacon**
- **Sausage** - Pork / Turkey
- **Eggs** - Scrambled / Hardboiled
- **Cheese** - Cheddar (1) / Swiss (1) / American (1)
- **Create Your Own Omelet**
Medium Salsa (1)
Sour Cream (1)
Proteins: Ham / Bacon / Turkey Sausage / Pork Sausage
Cheese: Cheddar (1) / Swiss (1) / American (1)
Veggies: Onion (2) / Green Pepper (1) / Mushrooms (0.5) / Tomatoes (1) / Spinach (0.5) / Olives (1)
- **Create Your Own Burrito**
Low Carb Tortilla (2)
Medium Salsa (1)
Sour Cream (1)
Proteins: Eggs / Ham / Bacon / Turkey Sausage / Pork Sausage
Cheese: Cheddar (1) / Swiss (1) / American (1)
Veggies: Onion (2) / Green Pepper (1) / Mushrooms (0.5) / Tomatoes (1) / Spinach (0.5) / Olives (1)

Lunch/Dinner

- **Create Your Own Salad**
Greens (0.5) - Mixed Greens / Spinach / Iceberg Lettuce / Leaf Lettuce
Protein - Ham / Turkey / Chicken Breast / Hardboiled Egg
Cheese - Cheddar (1) / Mozzarella (1) / American (1) / Swiss (1) / Provolone (1)
Veggies - Onions (2) / Green Pepper (1) / Mushrooms (0.5) / Tomatoes (1) / Olives (0.5) / Cucumbers (1) / Carrots (1)
Dressing - Ranch (1) / Italian (1) / Caesar (1) / Oil & Vinegar
- **Deli & Grill** (ask for no bread/bun)
Deli - Turkey / Ham / Roast Beef / Chicken Salad (3) / Tuna Salad (6)
Grill - Hamburger / Hotdog / Chicken Breast / Turkey Breast
Low Carb Tortilla (2)
Bacon Slices
Cheese - Cheddar (1) / American (1) / Swiss (1) / Provolone (1)
Veggies - Leaf Lettuce (0.5) / Iceberg Lettuce (0.5) / Shredded Lettuce (0.5) / Spinach (0.5) / Tomatoes (1) / Onions (2) / Green Pepper (1) / Mushrooms (0.5) / Pickles (0.5)
- **Create Your Own Taco**
Low Carb Tortilla (2)
Protein - Chicken / Beef
Toppings - Medium Salsa (1) / Shredded Lettuce / Tomatoes / Onion / Olives / Shredded Cheese (1) / Sour Cream (1)
- **Create Your Own Rice Bowl**
Cauliflower Rice (3)
Protein - Chicken
Vegetables - Bamboo Shoots / Broccoli / Cabbage / Celery / Carrots / Green or Red Peppers / Onions / Mushrooms
- **Create Your Own Pizza**
Cauliflower Pizza Crust (3)
Cheese - Mozzarella (1)
Meat - Pepperoni / Bacon
Vegetables - Onion (2) / Tomatoes (1) / Spinach (0.5) / Mushrooms (0.5) / Olives (1) / Green Peppers (1)

Added Fats

Aim for 2/meal

- **Butter**
- **Heavy Cream**
- **Olive Oil**
- **Cream Cheese**
- **Sliced Avocado** (2)
- **Sour Cream**
- **Mayonnaise**
- **Ranch Dressing**
- **Peanut Butter**
- **Chocolate Fat Bombs*** (1)

Low Carb Sides

- **Vegetables:** Broccoli (2) / Green Beans (3) / Carrots/Celery Sticks (2) / Garden Salad (1) / Yellow Squash (2) / Cauliflower Rice (1)
- **Cheddar Cheese Cubes** (2)
- **Broth** (2) - Chicken / Beef / Vegetable

Carb Free Condiments

- **Salt**
- **Herb Seasoning**
- **Pepper**
- **Cinnamon**
- **Mustard**

Baby Food Options

- **Meats** - Stage 2 Gerber Beef (2) / Chicken (2) / Turkey (2)
- **Vegetables** - Stage 1 Green Peas (4) / Stage 2 Gerber Squash (7) / Carrots (7)

Beverages

- **Coffee** - Regular / Decaf
- **Hot Tea** - Regular / Decaf
- **Unsweetened Almond Milk**
- **Infused Water** - Lemon / Pineapple
- **Soda*** - Diet Cola / Diet Lemon Lime / Diet Lemonade
- **Supplements*** - KetoCal 4:1 Liquid Vanilla (1.5) / KetoCal 2.5:1 Liquid Vanilla (2.5) / KetoVie 4:1 Liquid Vanilla (0.5) / KetoVie Liquid Chocolate (1)